



Healthy Babies, Kids & Families Menu of Benefits

WIC is the special supplemental food program for Women Infant & Children. WIC is for pregnant and breastfeeding women, new mothers and children up to age 5. WIC delivers healthy foods to your door like milk, juice, cereal, peanut butter or beans, eggs and cheese.

Breast Pumps Available from WIC: Breast Pumps are available to qualified WIC participants.

479-4200 or 1-888-253-8786

Dr Dynasaur / Medicaid: Dr Dynasaur provides health care insurance coverage for children under age 18 and for pregnant women. You may qualify even if you have a job or other insurance.
1-800-250-8427

Central VT Home Health & Hospice:

Home visiting services may include:

Healthy Babies Kids & Families Visits

That include:

- Review of Child Birth
 - Breastfeeding Support
 - Infant/Child Feeding & Weight Assessments
 - Child Care Subsidy and Referral
 - Personal Care Attendant Applications
 - Early Intervention visits
 - Welcome Baby Visits
- 224-2209** Rachel Rolfe, RN MCH Supervisor

The Family Center of Washington County: Offers many services for families with children birth to five that include a developmental focus, and assist families with making connections to community and resources. Some services for school age children and their families are also available.

- Family Support/Success by Six home visits
- Success by Six local teams
- Reach Up, for parents 14-24
- Child Care Information and Referral Services, For Washington County communities. Subsidy Specialist Available
- Playgroups
- Welcome Baby Visits
- Dads' Outreach
- Parent Education classes and workshops
- Support Groups

828-8765 or 476-8757

FITP: The Family, Infant and Toddler Project serves children birth to three with developmental delays or medical conditions that may lead to delays. If you are concerned that your child is not as responsive as other children of the same age, contact FIT.
476-8784 or 1-800-270-4231

Childbirth Classes: CVMC offers prenatal education and birthing classes (7 week session) for women and their coaches. **To register call: 371-5901**

Transportation: Green Mountain Transit Authority
For more information, call: 1-866-864-0211
223-7287



Other Community Programs

Center for Breastfeeding at Central Vermont Medical Center: **802-371-4415.** *Certified Lactation Consultants* are on staff at CVMC for assistance with breastfeeding issues.

All breastfeeding Moms receive a Medela double pump kit at the time of discharge. A packet of breastfeeding information is also given to new parents. Included in the packet is a breastfeeding log to track the first week, a list of community resources, information on the storage of breast milk, breast engorgement, breastfeeding after returning to work our Bosom Buddies Peer Support Group information, and much more.

Medela breast pumps are sold and rented through the Center for Breastfeeding located here within the Women's and Children's Unit. Other breastfeeding supplies and aids are available for sale.

Bosom Buddies, is a peer support group for breastfeeding mothers or expectant mothers who are planning to breastfeed, meets the first Monday of every month from 5:30 pm - 7:00 pm. A Breastfeeding Class is also offered during the seven-week childbirth preparation course.

Lactation Consultation and Breastfeeding Support:

Call **479-4200** for Breastfeeding Resource List

La Leche League: Breastfeeding information and support.

Monthly meetings and phone support available for breastfeeding mothers. To locate a meeting or leader in your area call La Leche League VT referral line at **1-802-879-3000**

VERMONT 2-1-1

Confidential information and referral program of United Ways of Vermont. Provides person to person assistance, problem solving support, information and referrals to local, statewide, regional, and nationwide resources. Programs include parenting education, food services, health services and more. Available 24 hours a day, 7 days a week. Vermont 2-1-1 . . . a local call from anywhere in Vermont....Dial 2-1-1 or (VT) 1-866-652-4636
www.vermont211.org

VT Quit Line

smoking cessation phone support and resources
1-877-YES-QUIT (1-877-937-7848)

Ready, Set...Stop!

Smoking cessation group support and resources
located at Central Vermont Medical Center
Gigi 371-5945

Central VT Substance Abuse Services 223-4156

Rocking Horse Circle of Support: A 10 week circle of support for women and their children. The curriculum is based on women and motherhood, social relationships, substance abuse, and parenting the young child.
479-1086 Louise (co-facilitator)
479-1838 Christine (co-facilitator)

Head Start: Head Start is a comprehensive child and family development program based on the belief that you, the parent are the primary educator of your child. Program includes child development, health and nutrition services, and support for children with disabilities, mental health services, and services for family and community partnerships. Head Start serves children from age 3 - 5.
479-1053

Community Programs (continued)

Early Head Start: Early Head Start serves income eligible families with pregnant women and children birth to age 3.
479-1053

Barre Even Start / Brook Street School: resources for education, parenting, adult education, GED, driving, job skills, preschool.
476-8474 ext.118

Children's Upstream Services (CUPS): Consultation for families by mental health professionals to support children with emotional and behavioral challenges. Trainings, workshops and groups are also available.
479-0169 ext. 311

Child Passenger Safety: To learn more about types of safety seats, placement within the car, air bags or other important car safety seat issues, talk to a safety seat technician.
1-888-TOT-SEAT (1-888-868-7328)

Planned Parenthood: Offers a variety of services: GYN exams, cervical and breast cancer screening; pregnancy testing, counseling, referrals and abortion services; employment and school physical exams, immunizations, screening for sexually transmitted infections, and birth control. **476-6696 or 1-800-230-PLAN**

Care Net Pregnancy Center: Provides Free and confidential services including pregnancy testing, maternity and baby clothing/furniture, abortion alternative, support and referrals.
479-9215

Good Beginnings of Central Vermont: Volunteer mothers of all ages offer ongoing support, community resources, education and advocacy through home visits to families of birth and adopted babies in Central Vermont.
485-8430

Boot Camp for New Dads
Please call Family Center of Washington County for information about groups.
476-8757

Parent Assistance Line call 211

Parents' Stress Line 1-800-CHILDREN
(244-5373)

Pregnancy and Newborn Loss Support Group (CVMC)
371-4188

Prevent Child Abuse Vermont : for information and service
802-229-5724

Washington County Youth Service Bureau
Teen Parent Program: Provides a variety of services for pregnant and parenting teenagers (female and male), including home visits, peer support group meetings, social opportunities, counseling, referrals and resources.
229-9151

WCMH Crisis Line (Emergency Screener) **229-0591**



Vermont Department of Health - Barre
(updated 4/07)



Other Resources

Central VT Community Action (CVCAC)
479-1053

Central Vermont Community Response Team
A team of community members who's mission is to promote recovery in families with opiate dependencies and addiction. Providing education, advocacy, and wrap around services for families and the community.
479-4200

Central Vermont Early Childhood Resource Guide
476-2135

CVMC Health Education & Resource Center
Lower lobby of the hospital. Call for hours: **371-5900** or **1-877-682-8666**

Central VT Community -Partnership
300 page on-line resource guide! www.cvtcp.org

March of Dimes : (802) 479-3265 x11
Website: www.marchofdimes.com
Spanish website: www.nacersano.org
The Pregnancy & Newborn Health Education Center at the March of Dimes is available at their website and can help you learn what to do to have a healthy pregnancy and baby. Email your health questions to Askus@marchofdimes.com for information on preconception, pregnancy health and nutrition, and newborn screening.

PATH – Economic Services Division
479-1041

Post partum Depression Group Psychotherapy & Support:
6 week-cycle psychotherapy group for women experiencing post partum depression. Group focuses on identifying symptoms of depression, practical steps to reduce symptoms, self-care balanced with baby and family care, and kinship in the struggle with this condition. Co-led by two moms experienced in treating this form of depression, Heather Pierce, LCMHC and Jennifer Calder, LCSW on Route 2, Berlin, Vt. Call **229-6868** for exact dates and times. Individual psychotherapy also available.

Psychotherapy and Expressive Arts Therapies of Central Vermont, Prenatal and Post-Partum Support
A space for women to process their transition to motherhood individually or in a group setting. Support for experiences from the "baby blues" to anxiety, depression and other stressors. Babies welcome. Medicaid, and some other insurances accepted, sliding scale. Office located in downtown Barre.
Jennifer Auletta, MA, LCMHC, DTR **802-279-5809**

The SIMON Project
Sudden infant and child mourning outreach network of Vermont and Northern New England. To provide bereavement support to parents and families coping with pregnancy loss or death of an infant or child. <http://www.simonproject.org> **1-802-635-7696**

The Vermont Parents' Home Companion
229-5724 or 1-800-CHILDREN (244-5373)